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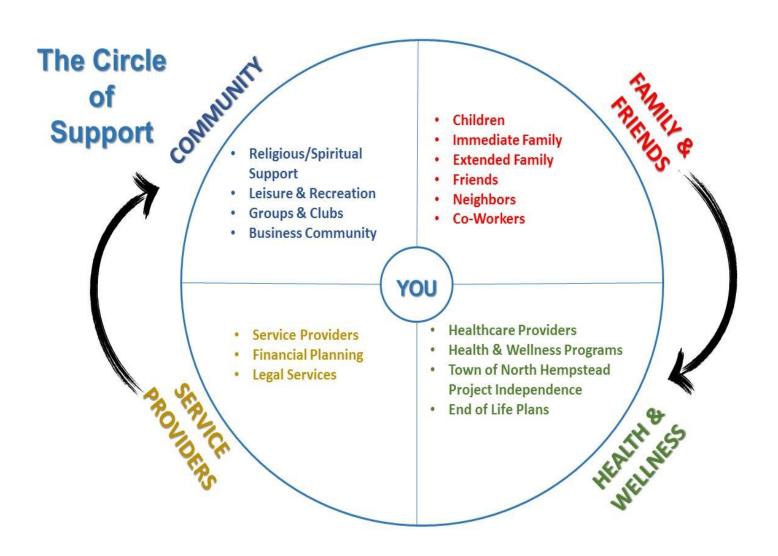
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TOWN OF NORTH HEMPSTEAD SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:



Circle of Support: A Life Planning Tool

CALL 311 OR (516) 869-6311 NORTHHEMPSTEADNY.GOV



A Message From

Supervisor Judi Bosworth



There are almost 50,000 residents aged 60 and older in the Town of North Hempstead. Project Independence (PI) provides services and opportunities for seniors who prefer to remain in their own homes as they age. These services help to enable them to live independently while maintaining socially active and healthy lives. The core of Project Independence is planning, planning, planning. Our newest feature of Project Independence is the Circle of Support initiative. A Circle of Support is a life planning tool used to help with immediate and long-term life goals. Because the approach of the PI aging in place initiative is "neighbor helping neighbor," the Circle of Support advances that goal. It is based upon a person-centered planning model that focuses on the whole person. The Project Independence Team has put together a proactive Circle of Support program to assist you and your loved ones in identifying existing programs, services and other resources that will help you achieve a quality of life as you age in place. This helpful guide and our professional staff are available to help you determine the best resources for the categories in your Circle.

Judi Bosworth

Judi Bosworth Supervisor

COMMUNITY



Religious/Spiritual Support

Leisure & Recreation

Name	Phone	Name	Phone

Groups & Clubs

Business Community

Name	Pnone	Name	Phone

SERVICE PROVIDERS



Service Providers

Agency/Name	Phone	Services Provided

Financial Planning/Legal Services

Name	Address	Phone

IMPORTANT INSTRUCTIONS

Instructions for completing "YOUR" Circle of Support

A **Circle of Support** is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. **"YOU"** control the process so that you can be the "Director of Your Life". Your **Circle** is always changing as life circumstances change for you and members of your support pool.

Use this worksheet to help identify who is part of your **Circle**. This will help you determine the strengths and weaknesses in your **Circle of Support**.

- **Step 1 –The Circle of Support** is divided into 4 sections: Family & Friends, Health and Wellness, Service Providers and Community.
- **Step 2** Think about who or what already exists in your **Circle**. Go to each section of the booklet and write the names, and contact information in each category. Use the note section to write down those who currently help. For example; your next door neighbor will collect your mail and newspapers in the event you are away.

Examples of whom or what may be part of your circle:

<u>Family & Friends</u>- For this category the most important questions to ask are: 1) Who is in my life? 2) In a crisis who would I call? 3) Who do I think would come? My child, sibling, best friend ...

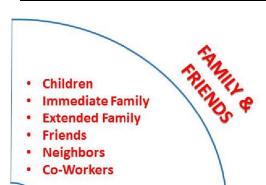
<u>Health & Wellness:</u> Healthcare Providers: doctor, therapists, hospital, urgent care center, personal emergency response system agency, pharmacist. Health & Wellness Programs: gym, exercise classes, community educational programs. TONH Project Independence: social worker, nurse, exercise programs, health chats, virtual health, transportation. End of Life Plans: health care proxy, living will, funeral plans, and cemetery information.

<u>Service Providers:</u> housekeeper/agency, lawn service, handyman, hot meal service, plumber, dog walker, and home care agency. Identify if private pay or covered service. **Financial Planning**: banks, financial advisor. **Legal Services**: elder care attorney.

<u>Community:</u> Spiritual Support: house of worship, Leisure & Recreational: senior center, adult education. Groups and Clubs: senior group, book & card clubs, Business Community: grocery store that delivers, pharmacy- that delivers, hardware store- snow removal

- **Step 3** You may choose to sit down with a trusted person to review **YOUR Circle of Support**.
- **Step 4-** If your life circumstances have drastically changed and feel you need additional support, call **311** to arrange a meeting with a Project Independence Team member.

FAMILY & FRIENDS



<u>Children</u>

Immediate Family

Name	Phone	Name	Phone

Extended Family

Friends/Neighbors/Coworkers

Name	Phone	Name	Phone

HEALTH & WELLNESS

/
Healthcare Providers
Health & Wellness Programs /
Town of North Hempstead
Project Independence
End of Life Plans
In is
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W.

Healthcare Providers

Health & Wellness Programs

Name	Contact Name/Phone	Name	Phone

TONH Project Independence

End of Life Plans

Name Phon	le	Name	Phone